

TRYOUT INFORMATION



2021

DATES

July 23 - July 29

BOYS TEAMS				
BIRTH YEAR	DAY 1	TIME / FIELD	DAY 2	TIME / FIELD
2013	July 23, 2021	5:30pm - 7:00pm (Lower)	July 24, 2021	8:30am - 10:00am (Lower)
2012	July 23, 2021	5:30pm - 7:00pm (West)	July 24, 2021	8:30am - 10:00am (West)
2011	July 23, 2021	7:15pm - 8:45pm (West)	July 24, 2021	8:30am - 10:00am (East)
2010	July 25, 2021	8:00am - 9:30am (West)	July 26, 2021	5:30pm - 7:00pm (West)
2009	July 25, 2021	9:45am - 11:15am (West)	July 26, 2021	5:30pm - 7:00pm (East)
2008	July 25, 2021	9:45am - 11:15am (East)	July 26, 2021	7:15pm - 8:45pm (East)
2007	July 25, 2021	9:45am - 11:15am (Lower)	July 27, 2021	5:30pm - 7:00pm (Lower)
2006	July 25, 2021	1:45pm - 3:15pm (West)	July 27, 2021	7:15pm - 8:45pm (West)
2005	July 25, 2021	1:45pm - 3:15pm (East)	July 27, 2021	7:15pm - 8:45pm (East)
2004/2003	July 25, 2021	3:30pm - 5:00pm (East)	July 28, 2021	5:30pm - 7pm (East)

GIRLS TEAMS				
BIRTH YEAR	DAY 1	TIME / FIELD	DAY 2	TIME / FIELD
2013	July 23, 2021	5:30pm - 7:00pm (East)	July 24, 2021	10:15am - 11:45am (Lower)
2012	July 23, 2021	7:15pm - 8:45pm (Lower)	July 24, 2021	10:15am - 11:45am (West)
2011	July 23, 2021	7:15pm - 8:45pm (East)	July 24, 2021	10:15am - 11:45am (East)
2010	July 25, 2021	8:00am - 9:30am (East)	July 26, 2021	5:30pm - 7:00pm (Lower)
2009	July 25, 2021	8:00am - 9:30am (Lower)	July 26, 2021	7:15pm - 8:45pm (Lower)
2008	July 25, 2021	11:15am - 1:00pm (Lower)	July 26, 2021	7:15pm - 8:45pm (West)
2007	July 25, 2021	11:15am - 1:00pm (West)	July 27, 2021	5:30pm - 6:45pm (West)
2006	July 25, 2021	11:15am - 1:00pm (East)	July 27, 2021	7:15pm - 8:45pm (Lower)
2005/2004/2003	July 25, 2021	3:30pm - 5:00pm (West)	July 28, 2021	5:30pm - 7:00pm (West)

GK TRYOUTS U12-U19 will take place on **Sunday, July 25** from **3:15pm - 4:45pm**.



LOCATION

All tryouts will be held at Polar Lakes Park (1280 Hammond Rd, White Bear Lake, MN 55110).



FEES

There is a fee for each player participating in tryouts. This fee assists in compensating the evaluators and for facility rental. For the 2021-2022 tryouts the fee is **\$30**.



2021 / 2022 Potential Teams by Gender / Age / Level

BOYS POTENTIAL TEAMS U11-U19		
U11-U19 ORANGE & #TEAMS	U11-U19 BLACK & #TEAMS	U11-U19 GRAY & #TEAMS
2011 -- 1 & 2	2011 -- 1	2011 -- 1
2010 -- 1 & 2	2010 -- 1	2010 -- 1
2009 -- 1 & 2	2009 -- 1	2009 -- 1
2008 -- 1 & 2	2008 -- 1	2008 -- 1
2007 -- 1 & 2	2007 -- 1	2007 -- 1
2006 -- 1	2006 -- 1	2006 -- 1
2005 -- 1 & 2	2005 -- 1	2005 -- 1
2004 -- 1	2004 -- 1	2004 -- 1
2003 -- 1	2003 -- 1	2003 -- 1

GIRLS POTENTIAL TEAMS U11-U19		
U11-U19 ORANGE & #TEAMS	U11-U19 BLACK & #TEAMS	U11-U19 GRAY & #TEAMS
2011 -- 1 & 2	2011 -- 1	2011 -- 1
2010 -- 1	2010 -- 1	2010 -- 1
2009 -- 1	2009 -- 1	2009 -- 1
2008 -- 1 & 2	2008 -- 1	2008 -- 1
2007 -- 1 & 2	2007 -- 1	2007 -- 1
2006 -- 1 & 2	2006 -- 1	2006 -- 1
2005 -- 1	2005 -- 1	2005 -- 1
2004 -- 1	2004 -- 1	2004 -- 1
2003 -- 1	2003 -- 1	2003 -- 1

TEAM ROSTERS

U9/U10 - 10-12 Players
U11/U12 - 14-16 Players
U13/U17 - 16-18 Players
U18/U19 - 18-20 Players

PLAYER MOVEMENT

MFC believes in providing players with opportunities to train or play with other age group teams. This process is managed by the Sporting Director and Team Coaches.



MANITOU F.C. CLUB FEES 2021/2022 SEASON

INCLUDED IN BASE FEE	U9/U10 COMPETITIVE	U9/U10 FUTURE MANITOU'S	U11-U14 GRAY	U15-U19 GRAY	U11-U14 BLACK	U15-U19 BLACK	U11-U12 ORANGE	U13-U18 ORANGE	U19 ORANGE
Base Fee	\$425	\$990	\$660	\$600	\$1,220	\$910	\$1,560	\$1,850	\$1,100
Club Registration	YES	YES	YES	YES	YES	YES	YES	YES	YES
League Registration	YES	NO	YES	YES	YES	YES	YES	YES	YES
TCSL/MYSA Pass	YES	YES	YES	YES	YES	YES	YES	YES	YES
Insurance	YES	YES	YES	YES	YES	YES	YES	YES	YES
Referee Fees	YES	YES	YES	YES	YES	YES	YES	YES	YES
Ref Assignor Fees	YES	YES	YES	YES	YES	YES	YES	YES	YES
Outdoor Fee Field/Rental	YES	YES	YES	YES	YES	YES	YES	YES	YES
TeamSnap	YES	YES	YES	YES	YES	YES	YES	YES	YES
Field Coordinator	YES	YES	YES	YES	YES	YES	YES	YES	YES
Game Insight Platform	N/A	YES	N/A	N/A	YES	YES	YES	YES	YES
MFC Admin Cost	YES	YES	YES	YES	YES	YES	YES	YES	YES
College Advisory Program	N/A	N/A	N/A	N/A	N/A	N/A	N/A	YES	YES
Champions League Fridays/Fall	N/A	N/A	YES	N/A	YES	N/A	YES	YES	N/A
VEO Camera/Subscription	N/A	N/A	YES	YES	YES	YES	YES	YES	YES
Zoom Platform	YES	YES	YES	YES	YES	YES	YES	YES	YES
Goal Keeper Training	N/A	N/A	N/A	N/A	YES	YES	YES	YES	YES
Dome Rental	N/A	YES	N/A	N/A	YES	YES	YES	YES	YES
Coaches Fee Fall	N/A	YES	NO	N/A	YES	N/A	YES	YES	N/A
Coaches Fee Winter	N/A	YES	N/A	N/A	N/A	N/A	YES	YES	YES
Coaches Fee Spring/Summer	N/A	YES	N/A	N/A	YES	YES	YES	YES	YES
Coach Assessment	YES	YES	YES	YES	YES	YES	YES	YES	YES
Winter Training	Training Academy	YES	N/A	N/A	1-2x a Week	1-2x a Week	2-3x a Week	3x a Week	3x a Week



CLUB INFORMATION

Our Soccer Vision and Game Model

Our vision of the game is based on the importance of maintaining possession while progressing to goal. Players are challenged to play positively and aggressively on offense and defense as an individual, in a group or within the structure of the team. The ability to “read the game” in order to solve the problems presented is an essential quality required of each player within our game model. We encourage players to seek solutions to problems through their technical or tactical abilities and to play with a mindset that enables them to dominate their opponent.

The assimilation of these individual abilities within collective team play is a critical element of our vision and players are trained to understand the importance of playing within a team structure. To achieve these goals, we are committed to a long-term development process, where the environment constantly challenges, nurtures and supports the growth and development of each player as they progress along a pathway that embraces an individual’s ability to play at the highest appropriate level of football. Believing that a player’s abilities and maturity rather than their age, determines what level they play at is a fundamental principle within our philosophy of player development.

Most importantly within our philosophy, we believe the whole is greater than the sum of its parts and the team concept – Together Everyone Achieves More – is the ultimate principle within the player development process, as it produces top players who later go on to play on top teams. This quality of character is an essential component in sport and life, and is valued over all else as we look to develop players of the highest caliber, both on and off the field.



Our Commitment to Players

Manitou FC is committed to excellence and a player-first approach. At Manitou, our priority is individual player development. We believe strongly that to learn effectively and develop competitively, players must enjoy what they are doing in order to grow. We want to empower our players to own their soccer path. At the same time, we teach our players to synergize with other players to create great teams. We lead players on a journey of personal development that ultimately impacts team excellence.

Our Training

At Manitou FC, we support a cross-training model that challenges players based on their individual abilities and allows us to monitor our players' growth so we can consistently encourage them. We approach every training with the same rigor, passion, and mentality by promoting player-driven success and an environment where the player begins to demand more of themselves and own their personal growth.

We Welcome All

Manitou FC's model of training applies to ALL levels of play and individual player abilities. Manitou FC is also committed to creating a welcoming environment to all people of all walks of life. We not only embrace diversity; we seek it. We want the players and families of our club to reflect the diversity of the people who love soccer across the globe.

A Final Thought

With all this said, the coaches at Manitou FC are competitive people and they want to win as much as anyone. But they understand the commitment to the process we've outlined above is the best way to create high performing players and high performing teams, and they will value team development over the final score every time. More often than not, if individuals and the team perform well, the outcome will be reflected in the score. Our coaches will put players in positions where they have an opportunity to succeed and grow, which may not always be the position the players see themselves playing. This is part of our development philosophy based on years of playing and coaching experience.

Learn more at <https://manitoufc.org/teams/>



Manitou F.C Facilities

OUTDOOR FACILITIES

Polar Lakes Park

Address: 1280 Hammond Rd, White Bear Lake, MN 55110

Kohler Fields

Address: 365 County Rd F E, Vadnais Heights, MN 55127

Hanifl Soccer Complex

Address: 7032 137th St N, Hugo, MN 55038

Northwestern University

Address: 3003 Snelling Ave N, Roseville, MN 55113

INDOOR FACILITIES

TCO Garden

Address: 1490 Co. Rd E East, Vadnais Heights, MN 55110

Sanneh Foundation Dome

Address: 2090 Conway St, St. Paul, MN 55119

Manitou F.C League play is provided through our affiliations with the Minnesota Youth Soccer Association and Twin Cities Soccer League. In addition, we participate in the following cup competitions and showcases: USYS National Championship Series (State Cup), TCSL League Cup and the US Club Soccer Regional Cup, Jefferson Cup, Players Showcase, Dallas Cup, Disney Showcase.

SUPPORT

We offer a College Advisory Program twice a year, and we will offer Performance training through Power House throughout the year.



Other Information

MANITOU F.C COACHES:

<https://manitoufc.org/staff/>

Manitou F.C will be directed
by **Edi Buro**



MFC also provides assistance with the following:

1) College Search Process

<https://manitoufc.org/support/>

<https://manitoufc.org/college-commits/>

2) Strength & Conditioning via The Power House

<https://manitoufc.org/support/>

<https://manitoufc.org/programs/#performancetraining>

3) Individual Development Planning for Player's ages U15 & Up

4) Player evaluations 1-2x's per year

Register for Future Manitous at manitoufc.org/future-manitous

